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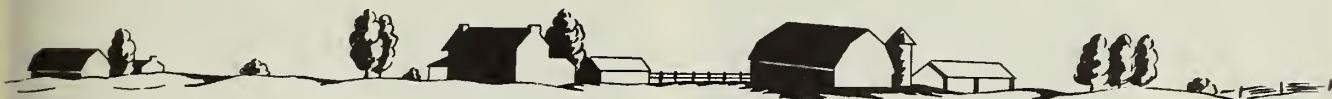
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U.S. DEPARTMENT OF AGRICULTURE

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Picture Story No. 73

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NEW NUTRITION-WISE COOKBOOK

A nutrition-wise cookbook for modern homemakers is a new 96-page U. S. Department of Agriculture bulletin, "Family Fare--Food Management and recipes."

Prepared by specialists in the Department's Bureau of Human Nutrition and Home Economics, the new booklet provides cooking directions and more than 200 selected recipes, prefaced by sections on up-to-date nutrition, food planning for good nutrition, and points on buying, storing, and using different foods.

Pictured are scenes in the Bureau's laboratories at Beltsville, Maryland, where the recipes were developed or adapted, and one view of the Bureau's nutrition research.



1. Developing recipes for how-to-do-it publications, food specialists in the Bureau experiment with changes in ingredients, ways of combining ingredients, times and temperatures of cooking.

2. When shopping for the family, the experienced homemaker asks the butcher the weight of a roast, as a guide to length of cooking it will need. For laboratory cookery, weight is recorded more precisely, to the fraction of an ounce. Here, Mrs. Mary Swickard, food specialist who directed experimental cookery for "Family Fare," weighs veal for pot roasting.

OVER

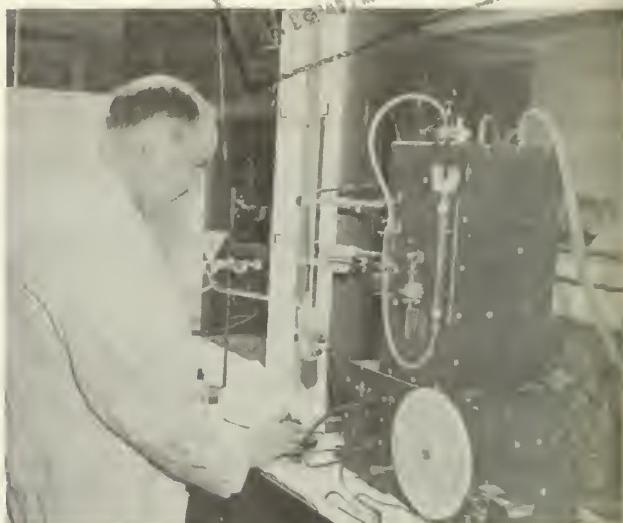


3. Some standbys and some less familiar dishes are included in the Bureau's new cookbook. Potatoes boiled partially tender take on glamour when peeled, brushed with table fat, and rolled in crushed dry cereal. Baked in a 425° F. oven for 30 minutes, they come out as golden potatoes, crisp, piping hot, and golden brown.

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4. Before a recipe is released, samples must be approved by a judging panel, which rates flavor, color, texture, and any other point that makes the food attractive. Judges are Bureau staff members, who take brief time out for this duty.



6. Selected problems in nutrition research are carried forward in the Bureau's laboratories. Dr. Millard J. Horn, protein chemist, is shown seeking to learn the amount of the amino acid histidine in navy beans.



5. Home economists often are asked, "What makes a good meal?" "What foods go well together?" Practiced meal planners try to get variety of food colors, textures, and flavors into a meal, as well as provide for a family's nutritional needs. The meal shown includes braised veal and gravy, peas, mashed potatoes, jellied fruit salad, and frozen mint pudding.

8x10 glossy photographs of this series are free to writers and editors on request to the Press Service, Office of Information, USDA, Washington 25, D.C.